



## SUMMER BODIES ARE MADE IN SPRING

AND WITH HERMAN BROT YOU CAN STILL EAT PASTA WHILE WORKING ON THAT SUMMER BODY

Summer is just around the corner and in preparation for less clothes and for some ... bikini's; many people are already embarking on their health and fitness regimes to shed their 'winter coats'. The worst part of dieting is giving up the things we love the most. We all LOVE pasta – especially during the warmer months, so it's often one of the hardest things to drop out of our diets. BUT not anymore! Herman Brot's Lower Carb Pasta is one pasta that people can enjoy all year round. With only 5g of carbohydrates per 100g and an incredible 39.4g protein per serve, it's a low carb, high protein dieter's dream. The pasta is suitable for vegan and vegetarian's and is also low GI22, making it a good choice for people with Type 2 diabetes (as tested and confirmed by SUGiRS Sydney University). "Our pasta is a wholemeal style pasta that is delicious eaten hot or even cold in a summer salad. "Because of the amount of protein in the pasta, you don't need to add protein, just fresh vegetables and sauces, which also makes for a very cost-effective meal. "The macros are incredible and there's no other pasta on the market in Australia that can compare," said Herman Brot owner Christian Coenen. Herman Brot products are available at Independent Supermarkets and health food stores nationally and also available to order online via Herman Direct. For more information on each product and to order online visit [www.hermanbrot.com.au](http://www.hermanbrot.com.au). - ENDS - + PRODUCT SAMPLING FOR REVIEW AVAILABLE ON REQUEST + All media enquiries - Karen Smith, M10 Communications | Ph: 0407 527366 | email: [karen@m10.com.au](mailto:karen@m10.com.au)

Spinach, Tomato and Pesto Pasta	Energy	1567kj	Carbohydrate	9.5g	Protein	42.0g
	Sugars	2.9g	Total Fat	14.9g	Dietary Fibre	17.5g
			Saturated Fat	1.7g	Sodium	247mg

ingredients: 3 cups of spinach leaves 1 Tbs basil pesto 15 cherry tomatoes 1/8 cup pine nuts 1 bag Herman Brot® Lower Carb Pasta Cook pasta in boiling water for 10 minutes. Toast pine nuts in hot non-stick pan. When pasta cooked, drain and stir through spinach, tomatoes, pesto + pine nuts Drain pasta Stir pesto, spinach, tomato sauce through pasta Serves 3

### Contacts

Karen Smith  
0407527366  
[mailto: karen@m10.com.au](mailto:karen@m10.com.au)